

5/24

Title of Presentation: Ethics: A Musical Comedy

Description: What started out as a simple idea to make ethics more fun and entertaining has turned into a presentation that attendees describe as “Awesome”, “Outstanding”, “Best ethics presentation yet”, and “I smell a Tony”. Although we have no plans to take our presentation off Broadway, we do feel that you will be entertained as you obtain your ethic’s CEUs..

“Ethics: A Musical Comedy” was developed over a 2 year period from December 2003 to November 2005. Creating and rehearsing took place about one evening a week in Gordon Leeman’s Barn Studio. Tim Anderson and Gordon Leeman were joined by Meredith Jeppson in the summer of 2005 in preparation of the first performance in November 2005. Over 700 man hours were spent in creating “Ethics: A Musical Comedy”.

From a meager beginning to a record breaking year in 2009 with 50 shows from California to Florida presenting to well over 5000 professionals.

Presenters: Tim Anderson, M.S., L.P.C.
Gordon Leeman, M.S., C.R.C.
Meredith Joppson

Concurrent Sessions -5/25

8:30 – 10:00

Title of Presentation: Understanding the New CRCC Code of Ethics Through Case Study Analysis

Description: This presentation will utilize the Case Study companion published by CRCC to assist professionals in better understanding the application of the new CRCC code of ethics.

Presenter: David Beach, PhD., received his doctorate in Educational Psychology from the University of Kentucky in 2006, his M.R.C. from the University of Kentucky, and his B.A. from Georgetown College (Ky.). He is currently a Vocational Rehabilitation Program Administrator in the Program Planning and Development Branch of the Kentucky Office of Vocational Rehabilitation. He also serves as Adjunct Assistant Professor in the Graduate Program in Rehabilitation Counseling. Dr. Beach is the former Director of Residential Services, Job Placement and Research at the Carl D. Perkins Vocational Training Center in Thelma, KY. He has been a member of National Rehabilitation Association, National Association of Rehabilitation Leadership and the Kentucky Rehabilitation Association since 1996, currently serving as KRA President, National Association of Rehabilitation Leadership Board Member and National Rehabilitation Association Board Member. Dr. Beach’s research interests include

program evaluation for rehabilitation facilities, behavioral techniques utilized in rehabilitation counseling, rehabilitation continuing professional training, asset accumulation of persons with disabilities, counselor mentoring and rehabilitation leadership.

Title of Presentation: Mental Health and Mental Illness in Lexington's Latino Community: An Innovative Partnership to Bridge the Knowledge Gap.

Description: In the 1990s Kentucky had one of the fastest growing Latino populations in the U.S., and that trend continues into the 21st century. While Kentucky's government and non-profit agencies have made strides to better serve the Latino community in a culturally competent manner, there are still many cultural and structural barriers to service that remain unaddressed, particularly when it comes to mental health needs and services. In this session, participants will learn about an innovative partnership between the Migrant farmworkers with Disabilities Employment Partnership (MDEP) and the Lexington Chapter of the National Alliance on Mental Illness (NAMI) to help reduce the cultural and structural barriers Latinos with mental illness and their family members experience. In addition to learning the history, purpose, and anticipated outcomes of the MDEP/NAMI partnership, by the end of the sessions participants will have a broad overview of some of the beliefs and attitudes about mental health and mental illness of the Latino community, specifically the Mexican immigrant community. Tips and strategies for working with Latinos with a mental illness in a counselor setting will be provided.

Presenter: **Israel Avelar** is an Outreach Coordinator for the Migrant farmworkers with Disabilities Employment Partnership, a project of the Kentucky Office of Vocational Rehabilitation and the University of Kentucky. Israel travels to many rural communities in Kentucky to provide health and disability education to migrant and seasonal farmworkers and their family members and to connect community members to needed resources. He is a trained NAMI Family to Family facilitator. Israel is a native of Mexico and has lived in the United States for 22 years.

Esperanza Rivera is an Outreach Coordinator for the Migrant farmworkers with Disabilities Employment Partnership and a trained facilitator for the NAMI Family to Family peer education program on mental illness. She is a native of Vera Cruz Mexico and has lived in the United States for 38 years. In her job as Outreach Coordinator for MDEP, she educates the Latino community about health and disability issues and the resources available for help.

Kelly Gunning, M.A. has been the director of NAMI (National Alliance on Mental Illness) Lexington since 2004 and was the Vice President and Community liaison for NAMI since 2002. Prior to coming to NAMI Kelly worked primarily in Alaska for the Indian Health Service and several Native Corporations. Kelly has been in Community Mental Health for almost 30 years and earned her masters degree in Community Psychology from the University of Alaska in August 1995. Kelly has a background in

mental health and substance abuse with a strong emphasis on cross cultural programming, diversity and cultural competence expertise. NAMI Lexington has just recently received recognition as one of only five NAMI programs meeting national competencies for multi-cultural outreach and programming for individuals impacted by serious mental illness.

Yolonda K. Clay, M.S. is the Outreach Coordinator for NAMI Lexington in a supported employment program. She helped to establish the NAMI Lexington Multicultural Action Committee which is responsible for NAMI's excellent outreach into cultures of color. A native of Stanton, KY, Yolonda received her B.S. degree in Business Education from Georgetown College, Georgetown, KY. She received her M.S./Rank 1 (second Masters program) from the University of KY, Lexington, KY in Vocational Administration with an emphasis in Family Studies and working with individuals with special needs. She is involved in many mental health education and advocacy efforts across Kentucky and is known for her leadership and ability to get things done.

Title of Presentation: Addiction, Recovery and Employment

Description: The objectives for this session will be: 1) participants will learn barriers to employment faced by clients in recovery from addiction/alcoholism; 2) successful case management support for maintaining recovery and employment will be explored.

Presenter: Edwin Hackney, LCSW, CADC is a semi-retired clinical social worker who continues to provide clinical supervision, training and consultation in a variety of settings. He has over 35 years of experience in mental health and substance abuse treatment, mostly in community mental health settings.

Title of Presentation: Comparative Techniques in Job Placement

Description: A group of job placement professionals sits down to discuss their approaches to job placement. Covering the job placement process from initial consumer meeting to employment follow-up, this session is a must for anyone interested in improving employment outcomes for their consumers.

Presenters: Keith Brown earned a Master's Degree in Education with emphasis in Rehabilitation Counseling from Auburn University and is a Certified Rehabilitation Counselor. He served as the supported employment program manager for a behavioral healthcare agency for seven years prior to becoming employed with the Kentucky Office of Vocational Rehabilitation. He began employment with KY OVR as a counselor, specializing in working with consumers with mental health and, later, substance abuse disabilities, transitioning to his current role as a job placement specialist in October, 2009.

Andy Cotter is an employment specialist for Goodwill Industries of Kentucky with 14 years of experience in placing persons with disabilities from urban, suburban, rural and Appalachian environments. He has a Master's of Rehabilitation Counseling from the University of Kentucky.

Rosemary Moore started working as a volunteer in the Elliott County School system before obtaining a job as the school secretary. While working with other Professionals, she learned that she could change her own life. She started taking summer classes in 1990 during the summer breaks and also took some night classes. She became a full time student at Morehead State University in the fall of 1992 where she eventually received Bachelor's of Social Work. Rosemary worked as a social worker at Elliott Nursing and Rehabilitation Center for six and half years and as a coordinator for the Elliott County Christian Community Center for three and half years. She has been a Job Placement Specialist with the Kentucky Office of Vocational Rehabilitation since December of 2006.

Cindy Ragland has a Bachelor's Degree in Organizational Communication and Management and Marketing from Murray State University. She is active in the Paducah Area Chamber of Commerce/Business Education Partnership Committee, a past board member, chair of Marketing Committee, and recipient of COC Volunteer of the Year Award. She is also a recipient of the Business and Professional Woman Group Outstanding Woman of the Year Award. Cindy is a job placement specialist with the Kentucky Office of Vocational Rehabilitation

Missy Wheeler earned a Master's Degree in Educational Guidance and Counseling from Western Kentucky University in 1983. She worked as an adjustment counselor with Barren River MH/MR Board prior to becoming employed with the Kentucky Office of Vocational Rehabilitation as a general caseload counselor in 1987. She proudly served Logan and Simpson counties for almost 15 years before becoming a job placement specialist in 2001. Missy became a Certified Rehabilitation Counselor in 2000.

10:15 – 11:45

Title of Presentation: Understanding the New CRCC Code of Ethics Through Case Study Analysis (Repeat from 8:30)

Description: See 8:30

Presenter: David Beach, Ph.D.

Title of Presentation: Johnson & Johnson-Dartmouth Supported Employment Project: An Evidence Based Practice for Person's with Serious Mental Illness

Description: Supported employment is a well-defined approach to helping people with mental illness find and keep competitive employment. Supported Employment helps consumers find and maintain meaningful jobs in the community. About 60% of consumers can be successful at working when using Supported Employment services.

This workshop will introduce the Evidence Based Practice Model of Supported Employment including principles and outcomes. We will also introduce a new pilot project being introduced to Kentucky in collaboration with the Dartmouth Supported Employment Center. With this model, people can obtain competitive employment with the supports necessary for success in the workplace.

Objectives:

1. Participants will learn the principles and outcomes of the EBP of Supported Employment.
2. Participants will be informed of the Dartmouth Pilot Project in Kentucky and understand the goals and anticipated outcomes of the project.
3. Participants will be able to identify how employment relates to individual recovery.
4. Participants will learn about the role of Vocational Rehabilitation

Presenters: Lori Norton is the Statewide Trainer for the Johnson & Johnson-Dartmouth Community Mental Health Program in Kentucky. She provides training and technical assistance to Community Mental Health program's staff to implement evidence based Supported Employment services. Previously she provided direct supported employment services for the eight years, five of which she worked for the Bluegrass Mental Health and Mental Retardation Board. She also worked for Vocational Rehabilitation as the Supported Employment Consultant for Central and Eastern Kentucky for seven years. Her passion is looking at people's gifts and interests and matching them with employers needs! She believes everyone who wants to work should have the opportunity to do so!!

Sandy Rucker currently coordinates Peer Support services and the statewide Peer Specialist Training in Kentucky for the Division of Behavioral Health. She has assisted in developing the Kentucky Peer Specialist regulation and Medicaid Peer Support definition as well as implementing the statewide training program for Kentucky Peer Specialists. She previously she coordinated Community Support Program Services and the statewide mandated adult Mental Health Case Management Training for Case Managers and Housing Specialists. Sandy worked for Bluegrass Regional Mental Health and Mental Retardation Board for thirteen years in various roles as a Therapist, mental health Case Manager and Therapeutic Rehabilitation Program Director. She graduated from the University of Kentucky with a bachelor and master's degree in Social Work and became a Licensed Clinical Social Worker in 1998.

John Rucker is a Kentucky Peer Specialist. He has assisted in several trainings about Recovery, Wellness Recovery Action Planning, Co-Occurring Disorders, and Homelessness. Competitive employment has been in important part of his recovery. John has experienced a variety of jobs including but not limited to newspaper work, caretaking at a cemetery, working as a barista at the Coffee tree, and working at a bookstore.

Title of Presentation: Autism

Description:

Presenter: Shelly Deskins

Title of Presentation: Kentucky AgrAbility: Addressing Health Disparities Among Kentucky Farmers with Disabilities

Description: This presentation will provide an overview of the Kentucky AgrAbility program with a focus on the new goals and targets of the on-going program. One of the unique features of this program is the partnership between the University of Kentucky,

Kentucky State University, Office of Vocational Rehabilitation and Cardinal Hill Rehabilitation Hospital, which will significantly expand the types of services that farmers with disabilities can access in Kentucky and expand services to underserved populations such as women, minority and Appalachian small farmers. Some existing programs that will be available to farmers with disabilities through Kentucky State University include: monthly small farm operation educational programs which will include information on agricultural assistive technology, through the Kentucky State University Third Thursday Program and a Retirement Planning program. Other innovative programs that are being developed include: a heavy equipment "Ride and Drive" evaluation program; a seating clinic to look specifically at the needs of heavy equipment operators; health and nutrition programs and screenings; and safety and secondary injury prevention training.

Presenters: John Hancock, MS has a bachelor's and master's degree from the University of Kentucky in agricultural economics. He has served as an agricultural extension agent for the cooperative extension service since 1988. Since 1993, he has served as the Project Director for the AgrAbility Project in Kentucky which provides one-on-one services and education to farmers with disability to help them return to farming. The newest funding for that program is focusing on the underserved farmers such as women, minority and Appalachian small farmers. John has expertise in the assistive technology for heavy equipment operation, including farm machinery.

Carol Weber has a bachelor's degree from Wright State University in biomedical engineering and a master's degree in biomedical engineering from Louisiana Tech University. She is the Rehabilitation Technology Branch Manager for the Office of Vocational Rehabilitation which aids individuals with disabilities in obtaining and maintaining work. She has been providing assistive technology services in a vocational rehabilitation setting for 20 years in Ohio, Kentucky, and Indiana. Carol is a RESNA certified Assistive Technology Practitioner.

Beth Hunter, PhD, OTR/L has a bachelor's degree from the University of Pennsylvania in sociology, a master's in occupational therapy from Colorado State University, a PhD in gerontology, and post doctoral training in cancer prevention and control from the University of Kentucky. She is a behavioral scientist whose research focuses on underserved rural populations in terms of accessing, understanding and using health information (health literacy). In the area of physical rehabilitation issues that are beginning to emerge are the impact of rural geographic location on rehabilitation and the impact of low health literacy in a rehabilitation facility for clients and family members particularly in the context of client-centered practice. She currently has funding from the National Cancer Institute exploring health literacy issues for people from Appalachia who receive inpatient cancer rehabilitation. Through Cardinal Hill she is a partner with the University of Kentucky AgrAbility program. which provides one-on-one services and education to farmers with disability to help them return to farming. She is currently the Director of Research at Cardinal Hill Rehabilitation Hospital in Lexington, Kentucky.

Marion Simon, PhD has a bachelor's degree from the University of Kentucky in agriculture, a master's degree in agricultural economics from the University of Kentucky, and a PhD in agricultural economics from Oklahoma State University. Dr. Simon is the state extension specialist for small farms and part-time farmers and develops training

programs to serve these farmers. These programs have gained national recognition as model programs for education and outreach to small, limited resource, and minority farmers. Dr. Simon is also the state SARE (Sustainable Agriculture Research and Education) coordinator and developed monthly trainings, "Third Thursday Thing," in sustainable agriculture at Kentucky State University. This program is also nationally recognized as a model program.

1:15-2:45

Title of Presentation: Managing Conflict in the Workplace

Description: This workshop will focus on the concept of "we can't change other people, we can only change ourselves". Understanding that we can choose how we'll react, interact, and develop working relationships – even the difficult ones – gives us power in how we deal with others and makes for better work relationships.

Presenter: Kim Rulo has a Masters' in Business Administration with a concentration in Human Resource Management. She worked for 10 years in Human Resource Management at Fortune 500 Companies with experience in Organizational Development, Employee Development, & Performance Management. Kim currently works for the Personnel Cabinet in Frankfort where she is a Performance Consultant for the Governmental Services Center.

Title of Presentation: Homeless Youth in Kentucky

Description:

Presenter: Mary Marshall

Title of Presentation: Surviving = Work

Description: This presentation will highlight some of the issues facing people with brain injury and those who help them find and keep jobs. New jobs are a reality for most brain injury survivors as they are unable to return to pre-injury work. This creates an expectation problem, especially as it pertains to the level of job responsibility. The percentage of people with brain injury who are unemployed and want to be employed is about 89%. This presentation will also cover what counselors and providers can do to help people find and keep jobs.

Presenter: Melinda Mast is the Executive Director of the Brain Injury Alliance of Kentucky (BIAK), a statewide agency that assists individuals and others whose lives are affected by brain injuries through advocacy, education, information and referral. She has been a partner in *Employment for All*, a non-profit agency dedicated to the ideal that access to employment should be available to all persons with disabilities regardless of severity or label, and is a consultant for Marc Gold & Associates. Ms. Mast worked with Virginia Commonwealth University's *Social Security State Partnership System's Change Initiative* and has provided training and consultation to the *Texas Supported Employment Changeover Initiative*. She worked for United Cerebral Palsy Associates

where she was the project director and key staff for several federally funded research and demonstration projects that resulted in the employment of hundreds of individuals with severe and multiple disabilities. In recent years, she has focused on providing training and technical assistance to projects that support customized employment, choice and self-determination; One-Stop centers; student transition projects; and systems change initiatives that support individual choice and control. She has served on national task forces and committees and is a frequent speaker, consultant and writer on strategies and technology for including people with disabilities in the community. Ms. Mast has a BA and MA from Boston University.

Cyndi Masters is a nationally recognized motivational speaker who has drawn upon her own personal experiences to provide many audiences with inspiration as well as offering hope to those dealing with life's most overwhelming obstacles and challenges. She is able to focus each of her programs in ways that specifically speak to the needs and wants of her audience. A few examples of past topics include the following:

- Her tenacity and refusal to step down from multiple challenges
- Living with Traumatic Brain Injury
- Facing Chronic Pain Without Drugs
- Overcoming Physical Challenges with a Positive Attitude
- Living Life to the Fullest – Even When ‘They’ Say You Can’t!

Her inspirational messages have motivated many individuals to triumph over obstacles, as she has, taking life-enhancing risks to achieve extraordinary goals that once seemed impossible.

Cyndi Masters is also the CEO and sole owner of DBS Interactive, a website design, software development, and online marketing firm. It is one of the country's few woman-owned technology companies.

Not only in her personal life has Ms. Masters applied those principals of accomplishment, but she has been able to apply the same inspiration and motivational success to her life in the business world. A few examples of the business topics she has spoken on include:

- Take care of your clients and employees first and they will take care of you.
- Go about the business of being of service and success will follow
- Meeting the clients needs instead of having them meet mine

Title of Presentation: Long-Term Services and Supports for Seniors and People with Disabilities

Description: Disability and Aging Advocates are leading the way for Olmstead implementation and Aging in Place initiatives. Based on the following principles, we will engage in a lively discussion on how to successfully incorporate independent living philosophy and aging with options with health care access and services, from stakeholder and consumer perspectives.

The National Advisory Board on Improving Health Care Services for Seniors and People with Disabilities (NAB) has put forth a Call to Action to modernize our healthcare system using **six foundational principles**:

- Enhance Self-Care through Improved Coordination;
- Encourage Community Integration and Involvement;
- Expand Service and Supports Accessibility;
- Uphold Personal Preference;
- Empower Economic Participation;
- Improved Technology to promote Independence.

The NAB, comprised of distinguished and culturally diverse community advocates and health care experts, works to provide education on the issues facing seniors and persons with disabilities to establish consensus on an infrastructure redesign.

Presenters: Merrill A. Friedman, AVP of Advocacy & National Partnerships for Amerigroup Corporation, was a consultant in the Behavioral Health field starting up and serving as Acting Director of a foster care agency for severely abused, neglected and at-risk children and adolescents before joining Amerigroup. Prior to that, Merrill was President and CEO of a privately owned company that operated behavioral health and juvenile justice treatment facilities in multiple states. She previously worked as VP of Development and Marketing for two publicly traded health care and corrections companies. Responsibilities included development of new business, program development, marketing, merger and acquisition opportunities, and operations management of facilities in the US and Puerto Rico. The facilities provided specialized care and services for adolescents requiring 24 hour structured treatment in the following disciplines: mental health, behavioral and emotional disorders, intellectual and developmental disabilities, sexual abuse and perpetration, and substance abuse. Merrill is a member of the health care committee for the National Council on Independent Living (NCIL), has served as a trainer for the National Juvenile Services Training Institute and received her degree in Psychology from Towson State University.

Lee Schulz, Executive Director of *IndependenceFirst*, has 35 years of experience in social services, disability rights and healthcare. Of those years, 23 years of experience has been in Wisconsin and 21 years with independent living. He has given six regional presentations on fund development and organizational management for disability organizations and is well known within the disability rights community across the country. As the Executive Director of *IndependenceFirst* in Milwaukee, Wisconsin; he has guided a small organization of 7 and a \$260,000 budget to a dynamic organization of 90 in-house staff and 1,200 PCW's and a budget of \$27 million. *IndependenceFirst* has developed several innovative programs such as the statewide Women and Abuse Program, Alternative Financing Program, Home Ownership Program and the Try A Gadget resource center. He has served several terms on the National Council on Independent Living (NCIL) Board of Directors, served on the SILC, Co-Founded

Wisconsin's Association of Independent Living Centers (WCILC) and served on several Research and Training Center Advisory committee's on disability related issues.

3:00 – 4:30

Title of Presentation: Ethics and Confidentiality

Description:

Presenter: Jennifer Burris

Title of Presentation: Healthcare reform

Description:

Presenter: ?

Title of Presentation: My Story

Description: This presentation relates a very personal story of the long recovery of a young man after experiencing a traumatic brain injury. At age 15, Brad Fritz was in an automobile accident resulting from underage drinking that very nearly killed him. He talks about his successful struggle to deal with his new circumstances, relying heavily on his spirituality to succeed.

Presenter: Brad Fritz is a survivor of automobile accident that left him near death and with a traumatic brain injury. At 25, he is 10 years post-injury. He is self-employed as a public speaker.

Title of Presentation: Selecting Adaptive Equipment for Vehicles

Description: The presentation is designed to be an educational guide for consumers and related healthcare professionals who are in the process of purchasing adaptive equipment or advising someone in the process. It covers such topics as what solutions are available and where to find them. Key terminology, the shopping and evaluation process, finding options, and more. It also covers who's who in the industry and what they do, including manufacturers, mobility dealers, Certified Driving Specialists, and the many resource organizations available.

Presenter: Paul Erway was born in Pennsylvania and went to college in New York state. The weekend before his graduation, he had an automobile accident that left him paralyzed. After finishing school at Penn State University, he worked for a company in Harrisburg, Pennsylvania, that performed car and van modifications for people with disabilities. He saw an opportunity to establish a similar business in Kentucky. After operating the business for four years, he went to work for Superior Van and Mobility in Louisville as a rehabilitation product consultant. He has been working in the adapted

vehicle field for 12 years. Paul competed in the World Championships of wheelchair racing in Assen, Holland, in 1990 and was in the Boston Marathon this year. He has served on the board of the Kentucky Wheelchair Athletic Association.

5/26

Title of Presentation: Stress Management

Description:

- Stress – what it is and where it comes from: emotional, physical, chemical
- Physical symptoms
- The role of self talk and distorted thinking
- The relationship of stress and consumption
- Coping techniques and strategies

Presenters: University of Kentucky Institute for Workplace Innovations - The Institute for Workplace Innovation (iwin) is dedicated to conducting research on the 21st century workplace and to translating research into solutions that will assist organizations in creating quality work environments that enhance the bottom-line, employee health and work-life fit. iwin is a collaboration between the University of Kentucky Colleges of Social Work, Business & Economics and Public Health. As such, our research and employer engagement activities are multi-disciplinary. Research is informed by social, behavioral, organizational and management theory, and employer engagement initiatives are enhanced through partnerships with workforce development, economic development, local and state chambers of commerce, and other related entities. By informing organizations about how to become employers-of-choice and by working collaboratively towards the implementation of these practices, we strive to build Kentucky's reputation as a state-of-choice where businesses want to expand and relocate, and where people want to live and work. The University of Kentucky is among the few land-grant universities in the U.S. to respond to state economic and workforce development challenges by creating an institute dedicated to the development and enhancement of quality work environments and innovative workplaces.

Lynn Bertsch, MBA – Ms. Bertsch is iwin's Director of Employer Engagement. She has over 25 years professional and management experience, working for several Fortune 500 companies including IBM, Pitney Bowes, Wang Laboratories, DuPont and Westinghouse. In addition, she has worked for an affiliate of Central Bank (Kentucky Finance Corporation) and Kentucky State University. Before joining the University of Kentucky's Institute for Workplace Innovation, she was a Manager, Organizational Development in Human Resources and responsible for all facets of organizational development programs, including succession planning, performance management, tuition

reimbursement, and leadership development programs. She was recently recognized with a corporate award for her contributions to employee and leadership development.

Lynn has also held positions in Public Affairs, where she managed a company's Education Outreach program, and in Training, where she managed both the development and implementation of the Training Records And Information Network (TRAIN) as well as computer-based training.

She has extensive experience interacting with employees at all levels of the organization, including senior executives. Her outreach experience includes interacting with members of the workforce and economic development as well as the education community.

Among her major achievements is serving on the South Carolina Governor's Workforce Education Taskforce, where she chaired a subcommittee whose recommendations for education reform were adopted by the State Legislature. In addition, her organization twice received the South Carolina Job Creator Award for establishing model programs such as school-to-work/career internships which led to permanent positions with her company.

Lynn has a Master of Business Administration (MBA) from Virginia Tech and a B.S. in Business Management from the College of New Rochelle, New Rochelle, NY.

Dr. Thomas Williams, D.C. - Owner and operator of WELLadjusted: a chiropractic wellness center. WELLadjusted offers a unique and innovative perspective on health and wellness by providing personalized wellness care through non-invasive chiropractic treatment, nutritional counseling, personal training and empowerment coaching. Dr. Williams believes that all dimensions of a person's wellbeing must be addressed in order to achieve optimum health and is passionate about helping individuals improve their quality of life and achieve their health and wellness goals.

Dr. Williams holds a Bachelor degree in Kinesiology and Health Promotion from the University of Kentucky and a Doctorate of Chiropractic from Logan College of Chiropractic. He is also an AFAA certified Personal Trainer. Dr. Williams donates his services to numerous non-profits, including the Leukemia and Lymphoma Society's Team in Training.